



#### **Course description**

Start and finish at Park Headquarters of Norris Dam State Park, Norris. Starting downhill with the first steep uphill at half a mile. Then a 350 feet downhill to crossing the dam followed by 150 feet uphill to the camping area of Norris Park. Circling the park then back the same way. Considered the most challenging course of all the Running Tour. Also considered to have the best chili afterwards.

